

## **LIMITING OUR SEASONAL EATING**

**Saginaw Correctional Facility** employees were seeking solutions to seasonal weight gain and came up with the L.O.S.E. Contest. The contest ran from November 16, 2007 – January 18, 2008.

Fourteen determined employees weighed in and eight brave enough to face the scales after the holidays weighed out.

**These eight people where all WINNERS!**

**Winners** were determined by Highest Percentage of Original Weight Lost (no rules were given on how to lose weight):

- Final Weight Divided by Beginning Weight = Current % of Original Weight
- $100\% - \text{Current}\% = \% \text{ Lost}$

We weighed in and out on the same scale with an impartial employee who kept accurate and confidential records.

**Our winners were:**

**1<sup>st</sup> Place - Mike Christian, Food Service Director: 5.6% pounds lost**

**2<sup>nd</sup> Place - Sgt. Doug Best: 4.10% pounds lost**

**A total of 37 pounds were lost during the holidays!**

**PRIZES:** The Warden and Deputy Wardens' parking areas were made available for one week in January and gift certificates from local businesses were awarded as prizes.

**Those who participated in the contest believed that the contest helped them lose or maintain weight during the holidays.**